



COVID-19 Isolation Guidance

****This Isolation Guidance packet is strictly used to provide guidance via the Clark County Health Department website. This Isolation Guidance packet is not to be used for official isolation needs for individuals for school, work, etc, while currently having COVID-19.****

The Clark County Health Department (CCHD) is using this information packet to provide education, resources, etc., on what to do now that you have tested positive for COVID-19. After reviewing this information packet, if you have any questions regarding your isolation, **please call the CCHD at (715) 743-5105, and select 9 for the COVID-19 line.**

The CCHD uses the policies, procedures, protocols, and guidelines put into place by the Wisconsin Department of Health Services (DHS) and the Centers of Disease Control and Prevention (CDC). These policies, procedures, protocols, and guidelines can change at any time. The CCHD cannot be less strict than the policies, procedures, protocols, and guidelines set forth by these guiding entities, medical professionals, and health experts.

Those who test positive for COVID-19 need to isolate at home to prevent the spread of COVID-19 to others. Individuals who test positive for COVID-19 are infectious/contagious with COVID-19 two days prior to the start of their symptoms, up to 10 days after the start of their symptoms (12 days total). For those who test positive and do not have symptoms, they are infectious/contagious two days prior to their positive test date, through 10 days after their test date (12 days total). The majority of transmission occurs 1-2 days prior to symptom onset (or test date), and the 2-3 days after, but it is still possible to spread COVID-19 to others for up to 12 days total, especially if you have symptoms and they are not improving.

The CCHD may be in contact with you (as resources allow) to determine whom your close contacts are (or were) during your infectious/contagious period (listed above). It is extremely important that those who are exposed to COVID-19 are informed of their exposure so they can quarantine (if needed), and monitor for symptoms. **If you need to notify your own close contacts**, please refer to the flyer [Next Steps: I tested positive for COVID-19. What can I do to help notify my close contacts of their exposure?](#) (timelines on this document have not been updated by DHS). If you are able to be released from isolation early (Day 6), those around you in the public do not need to quarantine because you must wear a mask.

Isolation Period

You should not leave your home (including not going to work, school, public areas, etc.). This includes not having visitors in your home. Isolate at home at all times until all of the following criteria is met, depending on if you have (or had) symptoms or not:

If You Have Symptoms (Even Mild)

- 5 full days have passed since the start of any COVID-19 symptoms.
- Fever free for at least 24 hours without using any medications that reduce a fever.
- Other symptoms have improved for at least 24 hours.
- **Must wear a mask at all times through Day 10 (listed above).**
 - If unable to wear a mask, you must stay home through Day 10 (listed above).

No Symptoms

- 5 full days have passed since your test date.
- **Must wear a mask at all times through Day 10 (listed above).**
 - If unable to wear a mask, you must stay home through Day 10 (listed above).



A shortened isolation (5 days) does not apply to those who:

- Are under the age of 2.
- Are immunocompromised.
- Are hospitalized for COVID-19.
- Live/work in correctional or detention facilities.
- Live/work in homeless shelters.
- Are on a cruise ship.

Healthcare Providers: Please contact your employer for guidance on what to do for your place of work. The information in this packet only applies to your personal life.

For additional information on what to do while isolating at home, please refer to the flyer [Next Steps: after you are diagnosed with COVID-19](#) (timelines on this document have not been updated by DHS). Once your isolation period has passed, you can return to work, school, public areas, etc. You may use this letter as documentation of the need to isolate for your employer, school, etc.

If you have a medical appointment during your isolation period, please contact your medical provider for instructions.

If you do not have any COVID-19 symptoms on the day you were tested, but develop symptoms after your test date while isolating, your isolation period starts over. Your new Day 0 of your isolation period is the day your symptoms started.

COVID-19 Symptoms and Severe Cases of COVID-19

COVID-19 symptoms include, but are not limited to:

- Cough and/or Shortness of Breath
- Fever/Chills
- Sore Throat
- Runny Nose
- Muscle/Body Aches
- Headache
- Diarrhea/Vomiting
- New Loss of Taste and/or New Loss of Smell

If your symptoms become severe, contact your medical provider. **Call 911 and seek medical attention immediately** if you experience any of these warning signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to be woken up
- Extreme weakness or dizziness
- Pale, gray, or blue-colored skin, lips, or nail beds

Do not wait to call or see your healthcare provider if you are experiencing any of these symptoms.

Treatment

Some over-the-counter medications can help reduce symptoms, such as acetaminophen (Tylenol), ibuprofen, cold medicine, etc. Always check the instructions and contents of the medications you are taking to make sure you are not taking too much (example - some cold medicines may contain Tylenol). Contact your healthcare provider if you have any questions before taking over-the-counter medications.



There may be some treatment options available to you during your isolation period to help you in your recovery, and reduce your risk of severe illness. Some treatment options may include infusions, injections, and/or oral medications. Some examples include:

- Monoclonal Antibodies - substitute antibodies, made in a factory (like medications), that are given as an infusion or injection that helps mimic an immune response.
- Convalescent Plasma Therapy - Plasma and antibodies processed out from donated blood, given as an infusion, that helps mimic an immune response.

Contact your healthcare provider for potential treatment options that may be available for you. CCHD is not guaranteeing treatment options availability, or that treatments will work for every individual. CCHD is not a licensed COVID-19 treatment center.

Long COVID

Some symptoms of COVID-19 can last for an extended period of time. These symptoms are called post-COVID conditions. Post-COVID conditions can be new, returning, or ongoing physical and/or mental health problems that are experienced four or more weeks after a COVID-19 infection. Individuals can have post-COVID conditions even if they did not have symptoms when initially testing positive for COVID-19, and anyone can experience post-COVID conditions (including children and young adults). Post-COVID conditions can present for different lengths of time (weeks to months), and can be different types and/or combinations of health problems.

There are many names for post-COVID conditions, including long COVID. Older adults, people with underlying health conditions, and people who had a severe case of COVID-19 and/or were hospitalized, are more likely to experience long COVID.

At this time, there is no treatment for long COVID. Care can be given to reduce symptoms of long COVID. There are resources and support available for those who experience symptoms of long-COVID.¹

Common symptoms of long COVID include:

- Shortness of breath
- Chest pain
- Trouble sleeping
- Difficulty thinking, concentrating, or remembering things ("brain fog")
- Depression or anxiety
- Joint or muscle pain
- Tiredness or fatigue
- Headache
- Loss or change of smell or taste
- Dizziness on standing
- Fast-beating or pounding heart ("heart palpitations")
- Cough
- Fever
- Symptoms that get worse after physical or mental work

Testing

Household members to those who test positive for COVID-19, and those who develop symptoms after being exposed to COVID-19, are strongly encouraged to be tested. COVID-19 testing may be available throughout our community and surrounding counties. Please visit the CCHD COVID-19 Testing Information website for testing locations, dates, and times.² Many healthcare providers, pharmacies, health departments, etc., may offer free COVID-19 testing.



Vaccination

The mission of the CCHD is to promote health, prevent disease, and protect the residents of the county through partnerships and population-based services. One way the CCHD carries out this mission is by providing education on, and administering, vaccinations. This includes COVID-19 vaccines. COVID-19 vaccines greatly reduce the risk of severe COVID-19 cases, hospitalizations, and deaths (COVID-19: Illness After Vaccination).³ Please visit the CCHD Clark County WI COVID-19 Vaccine Information webpage for vaccination clinic locations, dates, and times, both in Clark County and in surrounding areas.⁴

For those who finish their COVID-19 isolation period, and have not previously been vaccinated, it is still recommend to receive a COVID-19 vaccine.⁵ If you are in need of your COVID-19 booster vaccine, it is also recommended for you to still receive your booster vaccine after having COVID-19.

Thank you for helping to protect our community!

Clark County Health Department

Updated: 1/5/22

Resources

- ¹ <https://dhs.wisconsin.gov/covid-19/long-covid.htm> (Long COVID-19)
- ² <https://www.clarkcountywi.gov/ph-covid-19-testing> (COVID-19 Testing)
- ³ <https://www.dhs.wisconsin.gov/covid-19/vaccine-status.htm> (COVID-19 Vaccines)
- ⁴ <https://www.clarkcountywi.gov/vaccine-information> (COVID-19 Vaccines)
- ⁵ <https://www.dhs.wisconsin.gov/publications/p03038.pdf> (COVID-19 Vaccines)

Clark County Health Department (CCHD)

- Clark County WI COVID-19
 - Phone: (715) 743-5105 (Option 9)
 - <https://www.clarkcountywi.gov/covid-19>
- Resources regarding food, shelter, etc., if it is needed during your isolation period.
 - <https://www.clarkcountywi.gov/covid-19-resources>

Wisconsin Department of Health Services (DHS)

- COVID-19 (Coronavirus Disease)
 - <https://www.dhs.wisconsin.gov/covid-19/index.htm>
- COVID-19: Language, Graphic, and Print Resources
 - <https://www.dhs.wisconsin.gov/covid-19/resources.htm>

Centers for Disease Control and Prevention (CDC)

- <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>